


3 Less Stress
=
More Success

4 Year 11
Revision Guide



St John Fisher
Catholic High School

Year 11 Easter Revision Timetable

	Monday 8 April		Tuesday 9 April		Wednesday 10 April		Thursday 11 April		Friday 12 April					
9:00														
9:30														
10:00	History (10-12)	English * (not history students) English	RE (9:30 – 11:30)		Science All students (9-12)		Science (not product design students)		Product Design (All day)		Business (All day)		Art (All day)	
11:00														
11:30														
12:00														
13:00					English * 11:30-14:00		Product Design (12-3)							
14:00														
15:00														

* **English** – invited students only, see information from your English teacher

	Monday 15 April		Tuesday 16 April		Wednesday 17 April		Thursday 18 April		Friday 19 April	
9:00										
9:30										
10:00			Sports Studies (9:30-1)							
10:30										
11:00										
11:30							Media (10:30-3)			
12:00										
13:00										
14:00										
15:00										

Year 11 Exam Timetable

May 2019

Monday 6		Tuesday 7		Wednesday 8		Thursday 9		Friday 10	
am		am		am		am	GCSE Art	am	GCSE Art
pm		pm		pm		pm	GCSE Art	pm	GCSE Art
Monday 13		Tuesday 14		Wednesday 15		Thursday 16		Friday 17	
am	Music IT	am	French Listening French Reading	am	Portuguese Sport Studies	am	Science – Chemistry Paper 1	am	French Writing
pm	RE Paper 1	pm	Science – Biology Paper 1	pm	English Lit 1	pm		pm	
Monday 20		Tuesday 21		Wednesday 22		Thursday 23		Friday 24	
am	RE – Paper 2	am	Maths – Paper 1 (non-calculator)	am	Spanish Listening Spanish Reading	am	English Lit – Paper 2	am	
pm	Portuguese	pm	Geography – Paper 1	pm	Science – Physics Paper 1	pm	RE – Paper 3	pm	Business Product Design

HALF TERM

June 2019

Monday 3		Tuesday 4		Wednesday 5		Thursday 6		Friday 7	
am	History – Paper 1	am	English Language – Paper 1	am	Spanish Listening Spanish Reading	am	Maths – Paper 2 (calculator)	am	English Language – Paper 2
pm	Media – Paper 1	pm	Portuguese	pm	Geography – Paper 2	pm	History – Paper 2	pm	Science – Biology, Paper 2
Monday 10		Tuesday 11		Wednesday 12		Thursday 13		Friday 14	
am	Food	am	Maths – Paper 3 (calculator)	am	Science – Chemistry Paper 2	am	Geography – Paper 3	am	Science – Physics Paper 2
pm	Media – Paper 2	pm	History – Paper 3	pm	Polish Listening Polish Reading	pm		P2	Y11 Leavers' Liturgy Y11 Prom (Evening)
Monday 17		Tuesday 18		Wednesday 19		Thursday 20		Friday 21	
am		am		am		am	Sixth Form Induction	am	
pm		pm		pm		pm	Sixth Form Induction	pm	

Full details of our intervention programme and forthcoming revision sessions will be published after Easter.

How to Revise Effectively

Organisation

Find a good place to study. Find a quiet, well-lit place to work that will be comfortable and free of distraction.

Log-out or temporarily disable social media like Facebook, the effort of logging in or enabling it will deter you and after a day you'll start to forget about it - you lose a lot of time to vines and stranger stalking! Also science proves that our brains have an optimum irritation level - basically we work better if we're a little too cold, or on a rigid chair. Sit at a desk or table – it's more formal and recreates the environment you'll be tested in. Some people like to designate one specific study-



place, while others enjoy moving between their room, the coffee shop, the library and other study-places to break up the monotony. Choose whatever works best for you and your habits.

Some studies show that studying information in different places allows you to compartmentalise the information, making it easier to recall at a later date if you can associate the information with the location.

Some students find studying in public to be more effective, making it more difficult to watch television or fiddle with other distractions found in the home. Know yourself and head your bad habits off at the pass.

Draw up a timetable for your revision and stick to it. What do you hope to cover by the end of the week? By the end of the day? Working from a revision timetable helps you to make clear goals for each revision session and allows you to check them off as you progress. Revision plans can reduce anxiety, reassuring you that you've taken the necessary steps.



Alternatively if this isn't your style and your life is more unpredictable, write up a tick list / to-do list of all the subject areas or units you need to cover. You can do a separate colour or page for each of your subjects and see clearly exactly what you've covered or what needs doing. This allows for chunk revision or a variation of topics in one day.

<https://getrevising.co.uk/planner>

This website allows you to create a timetable online. Now all you have to do is stick to it!

Alternatively you could use the revision timetable blanks at the back of this booklet.

Remember, short (30/40 mins) sessions with breaks are ideal and remember to plan in some social time too



	Mon 20th	Tue 21st	Wed 22nd	Thu 23rd	Fri 24th	Sat 25th	Sun 26th
09:00 - 10:00	GCSE Law	AS Mathematics	AS Psychology	AS Biology	AS Psychology	Lie in	Lie in
10:00 - 11:00	AS Mathematics			add activity	add activity	Badminton	AS Psychology
11:00 - 12:00	AS English Literature (AQA)	Free time	AS Biology	GCSE Law	AS English Literature		add activity
12:00 - 13:00	AS Mathematics (Edexcel)	add activity	add activity	AS English Literature (AQA)	add activity	AS Biology	AS Mathematics (Edexcel)
13:00 - 14:00	Extra Maths revision	AS English Literature	add activity	AS Biology	Lunch with Izzy	AS Biology	add activity
14:00 - 15:00	AS Biology	Free time	GCSE Law	AS Psychology	add activity	AS Psychology	add activity
15:00 - 16:00	Individual help			AS Mathematics	AS Biology	AS Psychology	
16:00 - 17:00			AS Psychology	add activity	add activity	AS Mathematics (Edexcel)	Sarah's birthday
17:00 - 18:00	Play rehearsal	add activity	GCSE Law	Play rehearsal	add activity	GCSE Law	
18:00 - 19:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner

Set reasonable study targets that you know you can reach

Going over twelve chapters of trigonometry the night before a big exam is probably going to do more harm than good. Likewise, trying to revise all that Shakespeare several weeks out before being tested might not be the best way to remember the information by test-time. Organise in the most effective way to remember the most important information you've got to study.

You could revise throughout the year by spending 15 minutes each day making notes you'll be able to rely on later. By doing it in short stretches, you will remember more and feel less stressed. A month before your exam, you will have finished all your notes so you can spend a few hours a day reviewing notes and doing timed writing practice.

If you are the 80% of last minute panickers with 7 exams in 8 days just around the corner- DO NOT PANIC- it is NEVER too late. You've already started the journey here, and stressing out is the last thing you need to do.

Revising Actively

Engage with your texts

Rather than simply reading quickly over the sometimes dull texts you've got to study, take a more active role by making Q cards with your own questions on, 5 or so questions per card is appropriate and should cover all the information in the text. These questions can then be used for self-testing or get a friend/family member to quiz you - if you get it wrong, the answers are on the back! Bright colours help make this bit more fun too, as well as organising your subjects.



Also, you could: highlight your notes/book, mind map/summarise the ideas on each page or TEACH what you've learned to a friend or family member. The best test of knowledge is if you can teach it - remember: "If you can't explain it simply - you don't know it well enough." (Albert Einstein) By turning your revision into activity you must participate in, you can liven it up a bit and help your memory work more effectively.

Recall and summarise

As you're studying, stop every few minutes to recap what you've read. Write a short summary - a few sentences - in your notes, or at the bottom of the page. Use your own words. A good way of recalling is writing your notes down from memory and then going back over them and filling in the gaps with another colour of pencil or pen. You'll know the different colour refers to information you might have trouble remembering.

Periodically, try to repeat the process of summary, writing down on a separate sheet of paper what you know about a given topic or subject without consulting your books or your previous notes.

Compare your new notes to your old, finding what you've left out and what you still need to memorise.



Posters



Use posters to help you with key topics. Use of colour and images helps you remember and you could organise the topics into a way that works for you. Why not stick them up around your bedroom, your house etc.

Tables

Try summarising information into tables to help organise it in your mind. Again the use of colour is very effective at helping your brain remember

	Imperfect	Conditional	Plus-que-parfait	Perfect	Present	Future	Conditional
1st	I was doing I used to do	I would have done	I had done	I have done I did	I am doing I do	I will do I am going to do	I would do
2nd	je faisais	je ferais	je n'avais fait	je faisais	je fais	je ferai	je ferais
3rd	je faisais	je ferais	je n'avais fait	je faisais	je fais	je ferai	je ferais
4th	je faisais	je ferais	je n'avais fait	je faisais	je fais	je ferai	je ferais
5th	je faisais	je ferais	je n'avais fait	je faisais	je fais	je ferai	je ferais
6th	je faisais	je ferais	je n'avais fait	je faisais	je fais	je ferai	je ferais
7th	je faisais	je ferais	je n'avais fait	je faisais	je fais	je ferai	je ferais
8th	je faisais	je ferais	je n'avais fait	je faisais	je fais	je ferai	je ferais
9th	je faisais	je ferais	je n'avais fait	je faisais	je fais	je ferai	je ferais
10th	je faisais	je ferais	je n'avais fait	je faisais	je fais	je ferai	je ferais
11th	je faisais	je ferais	je n'avais fait	je faisais	je fais	je ferai	je ferais
12th	je faisais	je ferais	je n'avais fait	je faisais	je fais	je ferai	je ferais
13th	je faisais	je ferais	je n'avais fait	je faisais	je fais	je ferai	je ferais
14th	je faisais	je ferais	je n'avais fait	je faisais	je fais	je ferai	je ferais
15th	je faisais	je ferais	je n'avais fait	je faisais	je fais	je ferai	je ferais
16th	je faisais	je ferais	je n'avais fait	je faisais	je fais	je ferai	je ferais
17th	je faisais	je ferais	je n'avais fait	je faisais	je fais	je ferai	je ferais
18th	je faisais	je ferais	je n'avais fait	je faisais	je fais	je ferai	je ferais
19th	je faisais	je ferais	je n'avais fait	je faisais	je fais	je ferai	je ferais
20th	je faisais	je ferais	je n'avais fait	je faisais	je fais	je ferai	je ferais

Draw or doodle freely while you study

For a visual learner, it's important to break down information into drawings or diagrams, to make recall easier in the long run. Diagrams, mind maps and freehand drawings can be useful ways of improving both your understanding and creating a much easier memory aid than reading the text alone. Do not be afraid to use colours in much the same way - colour your drawing or highlight the text.



Use technology

If you need help in learning facts the following websites/apps may be useful. Most are free to join and allow you to use other people's resources or to create your own to learn. As they are available as Apps for Smart Phone and Tablets you can slot in a quick revision session on the go! (thanks to Brighton Hill School for the poster)

YEAR 11 RECOMMENDED REVISION APPS

- GCSE Pod**
 - Revision for all GCSE subjects
 - Useful podcasts and follow up questions
 - Available for Apple and Android
- BBC Bitesize**
 - Revision for all GCSE subjects
 - Available for Apple and Android
- Gojimo**
 - Revision material for all 28 GCSE subjects
 - Available for Apple and Android
- Pixl English**
 - English revision for GCSE
 - Available for Apple and Android
- PIXL Maths**
 - Maths revision for GCSE
 - Available for Apple and Android
- CGP GCSE Science**
 - Science revision for GCSE
 - Available for Apple and Android
- Quizlet**
 - Revision for Modern Foreign Languages
 - Useful for learning vocabulary
 - Available for Apple and Android
- Memrise**
 - Revision for Modern Foreign Languages
 - Useful for learning vocabulary
 - Available for Apple and Android

WHAT APPS CAN I USE TO REVISE?

follow us @ BrightonHISch

Find someone who knows nothing about the topic and explain to them

Even if it is explaining to the mirror or your cat, just take the time out to talk to someone as if the person is learning about it for the first time and you are the teacher. It is hard to forget information once you have done this, and also forces you to clarify the information and lay it all out in the most concise and simple way possible.



Try to use a study guide or old test



Answering past exam or test papers in the same time limit as the real exam or test will give you an opportunity to test yourself under the same constraints. It will be a chance to see whether there are gaps in your knowledge that you need to go back over and it'll also be useful to see if you can get down all that you want to say in the time allotted.

Do the practices under timed conditions by using a timer, which could be on your phone.

Take breaks periodically to give your concentration a boost

If you take breaks regularly your concentration will be better and you will find yourself retaining more information than if you try to plough straight through.

Don't waste energy and time revising with an over-tired mind that won't remember what it just read.

Try to stick to your schedule. Make sure to check off topics and subjects as you accomplish revising them.

It may even be a good idea to reward yourself with a treat on the completion of a target to help you get there.

It is a good motivation to not consider giving up as an option. You may also find some important questions, who knows?



Using Support on Offer

Talk to your teachers

Look on your teachers as part of your support network and use them for the resource they offer. Ask for their assistance when it becomes clear you need it.

Knowing earlier rather than later in your revision will make it easier to approach them and get their help.

Revise with other classmates

Find a suitable group of good students who hope to succeed, and schedule regular meetings in between your other revision activities. Discuss the topics of revision, helping each other solve problems, understand the materials and test one another over the reading. Studying in a group can be a great way of reducing anxiety levels and making revision fun as well as productive. Find ways to test each other, playing revision games as challenges. Use flash cards or structure your study sessions like a quiz game. Chat online if you haven't time to catch up in person.



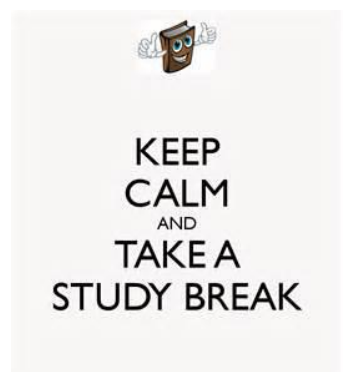
Make sure your revision time with friends is spent actually revising. You may actually be better off revising with classmates you're not friendly with to make it productive.

Let your family help you

Your family can help support you even when they cannot understand what you are learning. Ask them to test you, clarify problems for you, read with you and help you to stay organised. Parents and siblings who have already experienced revision will have some good ideas to help you prepare. Moreover, family and friends can be good moral support when you are feeling down or anxious about the revision. You may need emotional support as much as other support and if you can trust in someone to talk to about your anxiety or worries, this can help you to offload many unneeded troubles to a caring listener. Even having someone you can trust like this available online or by phone is better than no one.

Stay relaxed

Spend time doing something relaxing each day, such as listening to your favorite music, going for a walk or swim, spending time with your pets or talking with a good friend. These activities will help you to feel relaxed and connected to others and the world as you keep working through the revision. You can also practice relaxation exercises, meditation, or simply just lying back and chilling out now and then... possibly with a Q card in your hand.



During the Exams

Rest and sleep

New research shows that a brief rest after learning something can help you remember it a week later. Other experiments have shown that a full night's sleep helps you learn new skills or retain information. Even napping can help consolidate your memories and maybe even make you more creative. This is great news for those of us who like to nap during the day and is a signal to all of us that staying up all night to revise probably isn't a good idea. Turning up to an exam having had little sleep will not help you at all. You need your mind to be bright, active and awake!

Be Organised

Know what you have when and where you have to be. Also, know what you need. Turning up late, not sure where you should be or without the correct equipment will cause you stress and anxiety. That's not a good way to enter an exam so get organised. Why not use your phone to help you. There are plenty of calendar apps that will help you be organised.

Do something you enjoy.

Your exams are very important but you will do better if you are more relaxed. Work hard but remember to build in breaks to do something you enjoy. It refreshes the mind and can help to relax you.



Revision timetable

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							

Revision timetable

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							

Revision timetable

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							

Revision timetable

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							

Revision timetable

Week 5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							

Revision timetable

Week 6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							

Revision timetable

Week 7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							

Revision timetable

Week 8

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							

Exam Information

From Mrs Clarke, Examinations Officer

Examination Entries

All examination entries will be made and checked by your Subject Leaders. Once you have your timetable it is your responsibility to make sure any problems/queries are notified to me as soon as possible.

Entry Fees

Entry fees are expensive. On average, the school spends approximately £250.00 for each pupil who sit their GCSEs in the summer. More if it's A levels. Therefore, if you do not obey the examination requirements you will be sent a bill for the costs involved.

Examination Dates

You have all been issued with your personal examination timetable. This is an important document which you must keep safe. The national start times for examinations are 9:00 and 13:30, but exams can start slightly earlier or later so please check your timetable carefully. Seating plans are displayed in both the notice board opposite Student Services and also in the external notice board by the Sports Hall.

If you have any exam clashes or any other problems with your timetable please come and see me without delay.

Before and during your examination

It is your responsibility to attend all of your examinations. If you miss an examination you must supply a medical note or you will be charged for it.

Make sure you know when and where to go, and arrive in good time. You should be in your exam room/Sports hall 15 minutes before the examination is scheduled to start. If you are late you may not be allowed in.

You must wear full school uniform for all of your examinations.

You must bring all of the equipment you will need for each examination. A BLACK pen is essential and a spare pen would be good. Calculator cases are not permitted and all pencil cases should be clear.

A clear bottle of water, without a label, is permitted but no food is allowed in the examination room.

All watches MUST be removed from your wrists and if it is a smart watch they MUST be removed from your desk.

You may not borrow equipment from another student once you have entered the room. Silence is required from the moment you ENTER the exam room until AFTER you have left the room. This means no talking or any other form of communication (poking, eye rolling, smiling, writing on hands, etc.). Remember, different examinations have different timings and you may be leaving the hall before someone else has finished their paper. Show some respect!

All coats, bags, books and other items must be left at the side or back of the examination room.

Check the seating plans before you enter the hall and make sure you know where you are sitting.

Check the exam paper and make sure it is the paper you are expecting to sit. If not tell an invigilator.

You must follow the invigilators instructions at all times.

Mobile Phones: We recommend that you do not bring your mobile phone into school during examinations, if you must, please hand it in to Student Services in the morning or make sure that it is turned off and left in your bag. If you are found to have a mobile phone in your possession you will be reported to the exam board and you may be disqualified from the exam even if it is switched off.

If you miss your examination: please let the school know why as soon as possible, otherwise you will not receive a grade for that particular subject.

Reasons for missing an examination which the boards will not accept include:

- Misreading the timetable – Do not turn up in the afternoon for a paper that was held that morning.
- Oversleeping
- Holidays
- Being at work
- Hospital/Doctor/Dentist appointment
- Funerals

What to do if you are ill

Contact the school as soon as you can and obtain a NHS doctors certificate. This needs to be sent into school within 3 days of the examination so that an application for special consideration can be made on your behalf.

What to do if you feel ill during an examination

Inform an invigilator as soon as possible. They will arrange for you to be escorted from the examination and taken for medical attention. Time missed because of illness may be added on at the end of the examination or an application for special consideration can be made.

What to do if the bus is late or your car breaks down

You should let school know about the problem as soon as possible and endeavour to make every effort to get into school as soon as possible. The school may consider delaying the start time to take account of this.

If you are late

Report to reception immediately and ask them to contact Mrs Clarke. You may be allowed into the examination up to 30 minutes after the start time, at the school's discretion. However, the exam boards can still choose not to mark your paper and withhold your grade.

If you finish the paper early

Sit quietly, you will not be allowed to leave the examination early. Make use of the time by checking your answers.

Please note: Penalties for failure to observe the regulations are severe. Invigilators must record all breaches of the rules to the examination boards. The board may then withdraw a grade for one or all of your examinations and inform the other boards.

It is simply not worth the risk.

I would like to wish all of you the very best of luck with your exams.

Mrs Clarke

Results Days

Thursday 15 August	GCE results available to collect from school (from 9:30am – 12 noon).
Thursday 22 August	GCSE results available to collect from school (from 9:30am – 12 noon).